

Powerful Tools FOR Caregivers



Powerful tools for Caregivers is a series of classes designed to empower caregivers of adults with chronic conditions.

The 'tools' learned in the 7-week series benefit caregivers by helping them: reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.

To enroll, contact Stacy Ewing

Stacy.ewing@maryland.gov

410-819-5694

AN EVIDENCE-BASED PROGRAM
DESIGNED WITH
THE CAREGIVER'S
WELL-BEING IN
MIND

*Classes will be held
online via*

*Zoom platform on
Wednesday's,
from 3:00pm-4:30pm,
July 22-Sept 2, 2020.*

